

Estrella

ESTATES

Gracious Retirement Living

14930 West Wigwam Boulevard • Goodyear, AZ 85395 • Phone (623) 535-9195 • www.seniorlivinginstyle.com

FEBRUARY 2021

ESTRELLA ESTATES STAFF

Managers.....DAVID & GINGER WOOD
Assistant ManagersSHAWN & ANITA DI NIO
Executive Chef.....EDGAR TOLENTINO
Marketing.....DALANA MARTIN
Sous Chef TIFFANY METZOIAN
Activity CoordinatorTRACEE DERRA
Maintenance RANDY COLLINS
MaintenanceJUAN CANSINO
TransportationHOWARD COKLEY
Head HousekeeperALICIA HERNANDEZ

TRANSPORTATION

Tuesday, 8 a.m.-3 p.m.: Doctor Appointments

Wednesday, 8 a.m.-1 p.m.: Outings

Thursday, 8 a.m.-3 p.m.: Doctor Appointments

HAWTHORN
SENIOR LIVING

Valentine's Day Party

The history of Valentine's Day — and the story of its patron saint — is shrouded in mystery. We do know that February has long been celebrated

as a month of romance, and that St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition.

Historically, we give roses for Valentine's Day for both sentimental and economic (yes, really) aspects of the rose coming to serve as the official flower of love. Over the course of history, especially in the 18th and 19th centuries, there grew a practice known as "floriography," which entailed the sending of floral bouquets to love interests — a tradition that has obviously carried through to today.

Roses became a popular choice because of their hardy nature, as well as their vibrant red color, the ultimate symbol of passion and love. Fun fact: According to Martha Stewart, other colors of roses stand for different themes: The pink rose symbolizes grace and appreciation, the yellow rose is for friendship, and a white rose represents innocence.

Come enjoy our Valentine's Day Dinner with the musical guest of Steven Schwartz on the piano Sunday, February 14th, at 12:30 p.m., in the Dining Room.

If you are interested in sending one of your neighbors a secret Valentine, please see Tracee in Activities.





Parade of Lights

Our first annual Christmas Eve Parade of Lights was a huge success despite the Covid-19 restrictions.

The residents of the Estrella Estates community got the news that the community was going to a stricter set of Covid-19 restrictions, days before Christmas. The community was required to close the Dining Room and deliver all meals to the residents' apartments. Social distancing and masks were required in all common areas and no social gathering for 14 days. No one other than essential workers was allowed in the building. This meant no family or friends over for Christmas. But the residents of Estrella Estates did not let the Covid-19 restrictions ruin their Christmas holiday. They went to work, decorating their doors, walkers and scooters, delivering candy and passing out flyers so no one missed the Lighted Christmas Parade. After the residents enjoyed a Christmas Eve Supper delivered to their rooms, 12 lighted reindeer congregated in the Dining Room. All Estrella Estates' residents were invited to sit outside their rooms on the chairs provided and watch the 12 lighted reindeer parade by and listen to the scripture of Jesus' birthday given beautifully over the intercom for all to hear by Pastor Margaret. After Pastor Margaret led us in a Christmas prayer, the reindeer were off to spread Christmas cheer. Sadly, we lost Mrs. Claus, so Santa was unable to attend. It was all up to Rudolf with her nose so bright. The reindeer tirelessly waited on elevators and traveled to all three floors. After a few minor mishaps, the reindeer made it home safely and all the stockings were hung. The amazing lighted reindeer included: June B., June O., JoAnn, Jean, Estelle, Bob, Julia, Woody, Marty, Mary, Arlene and Billie leading as Rudolph. It is a wonderful life being a part





of Estrella Estates community and a beautiful Christmas story to tell your families. We are Estrella strong because Love Lives Here!



Celebrating Black History Month

Each February, America observes Black History Month. This tribute to African Americans who have made an impact on the U.S. and the world was born from one man's call to action.

Historian and author Carter G. Woodson wanted the contributions of heroic Black men and women who helped shape the nation and its culture to be recognized and celebrated. In 1926, he created a weeklong event to promote Black history, and chose the second week in February because it included the birthdays of abolitionist Frederick Douglass and President Abraham Lincoln.

Fifty years later, after decades of support, the event expanded to Black History Month, a national observance, as part of the country's bicentennial. When President Gerald Ford signed the proclamation, he urged everyone to join in the "tribute to Black History Month and the message of courage and perseverance it brings to all of us."

FEB 2021

Birthdays

Sada (Nana) Thompson, 2nd
 Jasmin Pasic, 5th
 Shirley Ferguson, 9th
 Bob Felling, 11th
 Deuce Jenson, 13th
 Norma McCullough, 16th
 Sam Koloen, 19th
 Mary Terpstra, 27th

Locations

Activity Room, AR
 Atrium, AT
 Billiards Room, BR
 Chapel, CH
 Computer Center, CC
 Dining Room, DR
 Exercise Room, EX
 Front Lobby, Lobby
 Library, LB
 Movie Theater, MT
 Patio-Back Of Building, PB
 Swimming Pool, SP
 TV Room, TV

Hello Darling Hair Salon









Open Tuesday-Friday,
 9:30 a.m.-3 p.m. and by
 appointment (602-434-
 8997) on other days.
 Nail appointments
 on Saturdays.

Care Partners Blood Pressure Checks

Given in the Bistro
 Monday, Wednesday
 & Friday at 3 p.m.

Estrella Essentials Store

Tuesday, Thursday & Saturday
 from 9:30 to 10:30 a.m.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>9:30 Stretch and Strength Training, EX 11:30 Drum It Up, AR 2:00 Bingo, AR 3:00 visit New Zealand, AR 3:00 Crafts, AR 7:00 Movie Presentation, MT</p>	<p>9:30 Strength and Balance Exercise 11:00 Beanbag Baseball, AR 2:00 Bingo, AR 3:00 Queenstown, New Zealand, AR 7:00 Movie Presentation, MT </p>	<p>9:30 Garden Club, PB 3:00 Strength Training, EX 3:00 Auckland New Zealand 6:00 Residents' Night in 7:00 Movie Presentation, MT</p>	<p>9:30 Strength and Balance Chair Exercise, AR 10:00 Ping Pong, EX 11:00 Wii Bowling, TV 2:00 Bingo, AR 3:00 Drinks with Locals, AR 7:00 Movie Presentation, MT</p>	<p>Wear Red, Support Our Troops 9:30 Stretch and Balance Exercise, EX 11:00 Bocce Ball, DR 3:00 Welcome Home Party, AR 7:00 Movie Presentation, MT </p>	<p>11:00 Bean Bag Baseball, AR 2:00 Movie Matinee, MT 2:00 Bingo with Managers, AR 7:00 Movie Presentation, MT</p>	
<p>11:00 Therapeutic Coloring, AR 2:00 Movie Matinee, MT 2:00 Bingo with Managers 7:00 Movie Presentation, MT</p>	<p>9:30 Stretch and Strength Training, EX 11:30 Drum It Up, AR 2:00 Bingo, AR 3:00 Crafts, AR 7:00 Movie Presentation, MT</p>	<p>9:30 Strength and Balance Exercise 11:00 Beanbag Baseball, AR 2:00 Bingo, AR 7:00 Movie Presentation, MT </p>	<p>9:30 Garden Club, PB 10:00 Outing with Tracee 3:00 Strength Training, EX 7:00 Movie Presentation, MT</p>	<p>9:30 Strength and Balance Chair Exercise, AR 10:00 Ping Pong, EX 11:00 Wii Bowling, TV 2:00 Bingo, AR 7:00 Movie Presentation, MT </p>	<p>Wear Red, Support Our Troops 9:30 Stretch and Balance Exercise, EX 11:00 Bocce Ball, DR 3:00 Horse Racing Event, AR 7:00 Movie Presentation, MT </p>	<p>11:00 Bean Bag Baseball, AR 2:00 Movie Matinee, MT 2:00 Bingo with Managers, AR 7:00 Movie Presentation, MT</p>
<p>VALENTINE'S DAY 11:00 Therapeutic Coloring, AR 2:00 Movie Matinee, MT 2:00 Bingo with Managers 7:00 Movie Presentation, MT</p>	<p>PRESIDENTS DAY 9:30 Stretch and Strength Training, EX 11:30 Drum It Up, AR 2:00 Bingo, AR 3:00 Crafts, AR 7:00 Movie Presentation, MT</p>	<p>9:30 Strength and Balance Exercise 11:00 Beanbag Baseball, AR 2:00 Bingo, AR 2:00 Ambassador Meeting, CH 7:00 Movie Presentation, MT </p>	<p>ASH WEDNESDAY 9:30 Garden Club, PB 10:00 Outing with Tracee 3:00 Strength Training, EX 7:00 Movie Presentation, MT</p>	<p>9:30 Strength and Balance Chair Exercise, AR 10:00 Ping Pong, EX 11:00 Wii Bowling, TV 2:00 Bingo, AR 7:00 Movie Presentation, MT </p>	<p>Wear Red, Support Our Troops 9:30 Stretch and Balance Exercise, EX 11:00 Bocce Ball, DR 3:00 Horse Racing Event, AR 7:00 Movie Presentation, MT </p>	<p>11:00 Bean Bag Baseball, AR 2:00 Movie Matinee, MT 2:00 Bingo with Managers, AR 7:00 Movie Presentation, MT</p>
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Simple Ways To Show Yourself Some Love

Taking time for self-care doesn't have to be complicated or costly. There are many quick, simple habits that can help keep you happy and healthy.

Get a houseplant: Studies show that taking care of a plant creates a sense of calm, and being around green things boosts your mood.

Do a little dance: Find an opportunity to play a favorite tune and get your groove on—maybe while you're getting ready for the day or when you're cooking dinner. The physical action will get your blood flowing and put a smile on your face.

Unplug: Put down your phone, turn off the TV and close your eyes. For five minutes, focus on your breathing and forget about the outside world.

Engage in a hobby: Carving out 10 to 15 minutes a day to read, sketch, write, play music or work on a craft can help you find balance between work and play.

Help others: Showing kindness to others is a way of showing kindness to yourself, which is what self-care is all about. Holding the door for someone, giving compliments and sending out cards are ways to do good and feel good.

Residents' Night In

Manual's Mexican Cantina was this month's Residents' Night In restaurant. There were 14 residents who took advantage of this highly reviewed Mexican restaurant. After eating in our rooms for two weeks due to covid-19 restrictions, it was a nice change. Delicious comfort food and community fellowship was enjoyed by all. If you are interested in participating in the next Residents' Night In event, please place your order with Tracee in the Activities Office. We will be having supper from Dino's Greek and Italian Grill on February 3rd, at 6 p.m., in the Activity Room.



We Are Going to New Zealand

1. New Zealand is the first place on earth that receives the first ray of light. It specifically glints first on the small town of Rangitukia in North Island.
2. New Zealand established a state-run tourism department in 1901 – the first in the world.
3. The world's smallest marine dolphin and the rarest sea lion thrive only in New Zealand's waters.
4. The heights of Mount Everest were first conquered by Sir Edmund Hillary, a New Zealander.
5. The first Rugby World Cup in 1987 was won by the New Zealand All-Blacks.
6. Vineyards located in the southernmost tip of the world belong to New Zealand's Central Otago region.
7. Wellington's old Government Building is the biggest wooden structure in the southern hemisphere.
8. In 1893, New Zealand gave women the right to vote. It was the first country to do so.
9. Only three countries in the world have two official national anthems – Denmark, Croatia, and New Zealand.
10. New Zealand has a ratio of 400 golf courses for every four million people. It has the greatest number of golf courses in the world.





Confections of Affection

Sweets for the sweet, candy has become a symbol of love and friendship on Valentine's Day. Here are some holiday favorites:

Chocolate samplers — They come in pretty packages large and small. Chocolates and truffles inside decorated heart-shaped boxes have been popular gifts since the late 1800s.

Conversation hearts — “Be mine.” “True love.” “Marry me.” It's the cute stamped-on messages that have made conversation hearts a fun tradition for over a century.

Hershey's Kisses — These familiar foil-wrapped drops of chocolate have the perfect name for Valentine's Day: Kisses! They were one of the first candies to change their packaging for the holidays in the 1960s. Their valentine wrappers of red and pink premiered in 1986.

M&M's — Recognized by the “m” on each one, M&M's have been enjoyed by the handful since they debuted in 1941. The milk chocolate candies show off candy-coated shells in holiday colors of red, pink, purple and white, and come in special flavors, such as triple chocolate and cheesecake.

Cupid corn — Traditional candy corn has its fans, especially in the fall months. But with color swaps from yellow, orange and white to red, pink and white, this tri-colored treat is renamed Cupid corn in February.

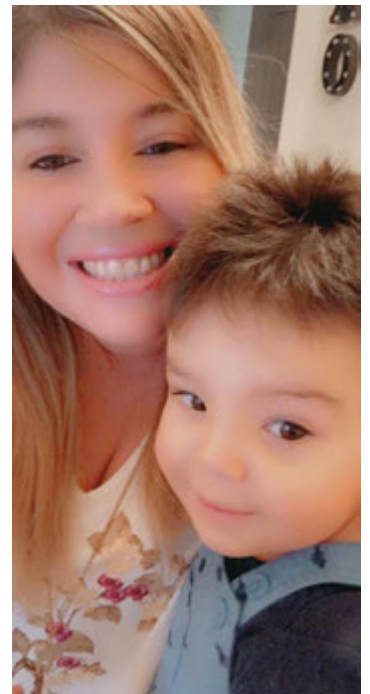
Red Hots hearts — A switch from most sweets, the spicy, chewy mini cinnamon candies known as Red Hots take the shape of tiny hearts for the holiday, with no color change needed.

Door Decorating Contest

The beautiful door decorations helped the residents at Estrella Estates remain full of Christmas spirit. There were beautiful wreaths, doors filled with family pictures, encouraging words, and everything Christmas. As we walked the halls, we were all reminded of the Christmas holiday and how lucky we are to be a part of such a festive community. Thank you to all who made that possible. The community voted winners are June Bjerke and Lorrie Briles. Each winner will receive a dinner of their choice prepared by Chef Edgar.

Welcome to the Estrella Estates' Family

We would like to welcome our newest member, Tiffany Sue Metzoiian, our new Sous Chef. Tiffany was born in Florida and raised in California. She moved to Arizona in 2006. Tiffany was first inspired to cook while cooking with her uncle when she was just nine years old. Her uncle is still her favorite cook. Tiffany has a two-year-old son named Liam, who is the light of her life. We look forward to sampling Tiffany's favorite cuisine, seafood and Mexican dishes.





14930 West Wigwam Boulevard
Goodyear, AZ 85395



It's always Warm at

Estrella
ESTATES
Gracious Retirement Living

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

623-535-9195